

NHANG medics, Salvadorans exchange patient extraction best practices

SAN JUAN OPICO, El Salvador --

New Hampshire Air National Guard medics continued its three-day exchange with local civil authorities here by providing hands on demonstrations of equipment critical to the Chemical Biological Radiological Nuclear High Yield Explosive Enhanced Response Force Package (CERFP) mission June 27.

More than twenty members of the Center of Training Peace Operations (CEOPAZ), an El Salvador Army unit responsible for search and rescue operations attended with members of Green Cross, an all-volunteer civil organization, local firefighters and Comandos De Salvamento.

Led by Capt. Rex Rubin, a search and extraction operations manager for CERFP, as well as team members Master Sgt. Sandy Roberts, Tech. Sgt. Shawn Theberge, Tech. Sgt. Michael Dame and Senior Airman Alexa Schimmel, the team exchanged experiences and best practices during a patient extraction environment.

Theberge began the second day with a detailed hands-on explanation of first responder responsibilities in assessing patients upon arrival to an incident.

"It was a dynamic exchange of experiences between how we treat patients in the United States upon reaching an incident scene and how emergency personnel here approach patients in El Salvador," said Theberge.



SAN SALVADOR, El Salvador — Senior Airman Alexa Schimmel, 157th Medical Group medical technician, acts as a pregnant mass casualty victim during an exercise at Santanita Fire Training Complex here June 28. Personnel from the NHANG Guard traveled here to participate in a Chemical Biological Radiological Nuclear High Yield Explosive Enhanced Response Force Package exchange with local authorities. (National Guard photo by Tech. Sgt. Mark Wyatt/RELEASED)

"It was a dynamic exchange of experiences between how we treat patients in the United States upon reaching an incident scene and how emergency personnel here approach patients in El Salvador," said Theberge.

accident scene and how emergency personnel here approach patients in El Salvador," said Theberge. "Many of the more experienced first responders here asked several questions based on their experiences that were outstanding."

Many Salvadoran first responders have shared their personal experiences and sons learned in a collaborative exchange of ideas.

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Thoughts on the meaning of happiness

By Chaplain (Maj.) William Broderick

The Greek philosopher Aristotle believed the goal of mankind was to seek happiness. The question for each of us is "what actually is my happiness?" If you interview people you will find that happiness is as broadly understood as religion or politics. One person may say happiness is a full day of fishing, golfing or reading a book while another would claim personal achievement is happiness. Yet, fishing trips end and personal achievements are forgotten, so what brings lasting happiness? To achieve a lasting happiness we must first define it.

Let us consider a few things as we work on our definitions. First happiness is not simply a feeling but rather a state of being. Feelings can leave as quickly as they come. In my profession I have heard "that we are one bad piece of pizza away from sadness." This idea is that poor health equals unhappiness. The truth is, in this life, we cannot avoid sorrow and pain but some are resilient through these times and can keep pursuing happiness even through the sorrow if they have the right definition. I believe it is because some pursue a state of being rather than a farsighted feeling. Happiness is defining what is absolutely important and then pursuing this first and setting priorities around it. A test I have given people goes as follows. Imagine you are on your deathbed (morbid I understand but give me a little license here) and

you have full consciousness. You know that in hours or moments you will no longer be alive. There is no pain in the moment you are simply reflective. What is it that you are thinking about? Besides the fear of the unknown what do you consider important? The answer to that question will help you understand what your happiness is.

I have heard of prisoners of war finding happiness and contentment in a 4'x6' cell. If others can find it in the harshest of circumstances so can you. Start by believing the opportunity to discovering it is there. The two questions that everybody asks is "who am I?" and "why am I here?" If the answer to these questions is that there is no purpose for me then it will be hard to pursue happiness when life guarantees some measure of pain and sorrow. Aristotle thought it was a life of contemplation; St. Thomas Aquinas thought it was to behold God others felt it was to help others but in all these examples the definition helped them pursue and live lives of meaning. We need this again in our day. Let the knowledge that your well thought out definition and then the pursuit of it in your life will win the day...even the difficult ones.

Blessings,
Chaplain Bill

The Granite State

REFUELER



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The Public Affairs Office is looking for articles, photos and videos chronicling the achievements of the airmen and family members of 157th Air Refueling Wing. If you have information or media to share, please call the office at (603) 430-3577.

Wing members, families enjoy annual family day fun



PEASE AIR NATIONAL GUARD BASE , N.H. — Master Sgt. Travis Allen, 157th Force Support Squadron, and his son Seth enjoy festivities during Family Day on June 29. (National Guard photo by Tech Sgt. Aaron Vezeau/RELEASED)

Medics continued from page 1

"I'm finding it very useful even though I have been trained extensively as an emergency medical technician," said Nelson Alexander Rivas Bueno, a Green Cross volunteer first responder.

The day concluded with several hands on demonstrations practicing extracting patients and working together overcoming communication barriers and experience levels.

For the team lead, the day was an outstanding exchange of information by everyone.

Rubin was impressed by the level of attention paid during previous sessions of training by the host nation.

"They really stepped up to the plate and used the techniques we'd taught the previous day," continued Rubin. "I think all the members from the NH CERFP team were pleased to see how eager the El Salvadoran Army grasped this new material and put it to good use."

The New Hampshire and El Salvador state partnership program, which began in 2000, averages several exchanges annually.

Airman & Family Readiness Program (A&FRP)

Bonnie Rice, Airman & Family Readiness Center program manager.
Building 100, 2nd Floor, Pease ANGB
Phone: 603-430-3545
Cell: 603-828-3892
bonnie.rice@ang.af.mil
Emergency 24-hour hotline:
1-800-472-0328



Email listing:

Discounts, benefits and event notices are announced during the month – if

you'd like to receive these notices as they're received, contact Bonnie Rice to have your email address added.

Retirees email updates:

Retirees, we also have a retiree email listing that includes specific information for our retired population. Wing events and activities that may be of interest to you will be emailed at your request. Contact bonnie.rice@ang.af.mil to have your email address included in the retiree email blasts.



Job search assistance and job announcement emails available

157th Air Refueling Wing members and spouses that may

be searching for a job – the A&FRP has resources that may be of interest to you to include an extensive email listing of job announcements in a wide variety of careers in a variety of locations. Email Bonnie if you are interested in receiving job announcements or notices, updates and resources specific to your job search, include "job emails" in the subject line of your email.

UPCOMING WING FAMILY PROGRAM ACTIVITIES:

Deployed family gathering

Held monthly for families and friends of members preparing to deploy and families with their loved ones deployed are highly encouraged to attend. This is a wonderful opportunity for you to get to know other deployed families.

Date/Time: Sept. 12, 6 p.m.

Location: Pease ANGB, Building 100, room to be determined.

Who: Families and friends of deployed service members. Open to all branches of the service.

RSVP: Call Bonnie as soon as possible so that meals can be planned. Service members are encouraged to attend with their families prior to deployment. Each month a different topic is covered in the agenda. The topics are determined by the attendees. Families are encouraged to provide input on the monthly agenda. This meeting is open to all service components. If you are aware of other military families experiencing a deployment that may benefit, please encourage them to contact Bonnieto receive the meeting announcements.

Pre-separation counseling:

This is mandatory for Active Guard and Reserve service members separating or retiring from service. In addition, members that serve 180 cumulative days or more of Title 10 orders or deployed in their career must receive pre-separation counseling. The DD Form 2648/DD Form 2648-1, pre-separation counseling checklist provides critical information about benefits, resources, and services available as you transition from military to civilian life. *By law, this counseling must be provided at least 90 days*

prior to your date of separation from title 10 orders or retirement. Pre-separation is to be completed prior to attending the Transitional Assistance Program. Contact Bonnie to set up an appointment.



Transition Assistance Program (TAP)

This is a program presented by the Portsmouth Naval Shipyard Fleet and Family Support Program and the Department of Labor and Employment Securities to assist voluntarily and involuntarily separating or retiring service members in making a successful career transition. If you are transitioning from a military to a civilian career you may be interested in attending the next TAP seminar. Members should plan to attend at least six months prior to separation or retirement. Casual civilian attire is suggested. Spouses are welcome.

RSVP: Slots are extremely limited! To reserve your spot in either class contact Bonnie Rice.

DATES and LOCATIONS:

Portsmouth Naval Shipyard, Fleet and Family Support Building or the Hanscom Air Force Base Airman & Family Readiness Program .

2012 Portsmouth Naval Shipyard TAP dates: Aug. 13 to 17.

2012 Hanscom AFB TAP

dates: Aug. 13 to 17 and Sept. 10 to 14.

Space is limited. To reserve a seat, call or email Bonnie Rice at 603-430-3545, bonnie.rice@ang.af.mil

AF Fit Family Living Fit

Living fit is a simple, easy to use, online, weight loss program designed for Airmen and their families. Create a plan, follow it and lose weight. Menu plans and online tracking tools are available. To sign up go to www.usaffitfamily.com



PORTSMOUTH SHIPYARD

Destination tickets are sold at the ITT Office, Relief Valve Recreation Center, Building 22, PSNY. Call Judy for ticket information at 207-438-2713. For information on rental equipment call Todd 207-438-1514.

For additional information on events and activities offered by the shipyard, check out their newsletter at the Shipyard Currents online at: www.discovermwr.com/media/publications/currents/

"Back to School Blast"

What: The Portsmouth Naval Shipyard will host their annual "BACK TO SCHOOL BLAST"

Date: Aug. 24

Time: 11 a.m. to 2 p.m.

Location: Portsmouth Shipyard
Additional Details will be emailed out to the "A&FRP email"

Free Movies at the Shipyard

Details – Families are invited to a free movie – bring your own snacks and beverages and enjoy the evening.

Location: Shipyard Auditorium

Time: Fridays at 7 p.m.

Cost: Free

Schedule of Movies:

Aug. 3, The Sandlot (PG)

Aug. 10, The Goonies (PG 13)

August 17, Pirates Band of Misfits (PG)

Aug. 24, Angels in the Outfield (PG)

Aug. 31, The Water Boy (PG 13)

Hanscom Air Force Base

MWR - Contact Tickets & Tours for discount tickets at Hanscom Air Force Base in the ITT Office. For more information, call 781-225-6498.

www.hanscomservices.com/TicketsandTours

TRAVEL INFORMATION

Research military travel bargains online. Check installation websites or look at the latest copy of Temporary Military Lodging Around the World, from Military Living www.militaryliving.com.

www.amc.af.mil/ has contact information for military passenger terminals around the world. Find sites geared towards military leisure travel and check them regularly for limited-time cruise and travel packages.

"YELLOW PAGE" LISTING

While members are deployed, lawns need to be mowed, lawn mowers may need repair or some families may need assistance with other home repairs. Are you interested in assisting a family left home alone during a deployment? If so, contact the Airman & Family Readiness Program Office to have your name added to the wing yellow Page listing.

This yellow page listing of resources helps families of our deployed members during the time their loved one is away. The yellow page lists those interested in providing a **free or discounted service** to our military families in need during a deployment or an extended TDY. This list is kept confidential; contact information is only released to families with the permission of the person or the agency that has offered the service. The Yellow Page listing has assisted families of all components of the service from throughout New Hampshire, Maine and Mass.

If you would like to become a part of our wing yellow page, please contact Bonnie Rice, Family Program, 302 Newmarket St., Building 100, Pease ANGB, NH 03803-0157 – or email to: bonnie.rice@ang.af.mil to fill out a yellow page volunteer form. Call 430-3545 for more information.



Airman & Family Readiness (A&FRP) military discounts!

FREE museum program: From May 28 through Sept. 3 more than 1,500 museums across America will be offering free admission to all active duty military personnel and their families as part of the Blue Star Museum Program www.nea.gov/national/bluestarmuseums/index2012.php. These include children's museums, fine art museums, history and science museums, and nature centers. The free admission is available to active duty military members and up to 5 family members; plus, there is no limit on the number of participating museums that you can visit over the summer. Log on to the website to view the participating museums. According to the website, a few of N.H.'s museums include: McAuliffe-Shepard Discovery Center, the Moffett House Museum & Genealogy Center in Berlin, The Little Nature Museum, Inc. in Contoocook and the independence museum in Exeter.

Free pass at national parks:

The U.S. National Park Service is supporting military families and healthy living. They are offering a free annual pass for military to more than 2,000 federal recreation sites. Each pass covers entrance fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person) at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation. Log on to: <http://www.nps.gov/findapark/passes.htm>

York's Wild Animal Kingdom

What: Military Discount Offered

Where: York's Wild Kingdom

Details: To show their appreciation to the military, York Wild Animal Kingdom has provided discounted ticket vouchers available to the Airman & Family Readiness Program Office for guard, reserve, active duty, retired military and their families. With the discount ticket voucher you pay \$11 at the gate for the zoo & ride pass. It is one discounted ticket per person age four to adult. Age three and under can be purchased at the park for \$4.75 for the zoo and rides pass for \$1 for zoo only. This yellow discount ticket is good for anytime York's is open. The zoo & rides package includes admission to the zoo, unlimited rides with the exception of the live animal rides and go-karts. Regular gate prices are \$21.25 for ages 13 and up and \$16.25 for ages 4 through 12. To obtain your "yellow discount ticket" contact Bonnie Rice.



Canobie Lake Park: Canobie Lake appreciates our armed forces. Present a valid U.S. military ID or inactive/veterans identification, and receive \$6 off the regular general admission price of \$33 Monday to Friday and \$4 off our regular admission price of \$33 on Saturday and Sunday. A valid military ID is required to receive the discount. Chil-

dren age 12 and under may also receive this discount when accompanied by a parent or legal guardian with an ID. No discounts may be combined with any other offers.

Busch Gardens/Seaworld/ Sesame Place Hero Salute

Busch Gardens, Sesame Place and Seaworld is once again offering free admission to their parks to any active duty, activated or drilling reservists or national guardsman and as many as 3 dependents are entitled to free admission under the Here's to the Heroes program. For full details and to register go to: <http://www.herosalute.com/>



Portsmouth Naval Shipyard Information (PSNY) Information

The ITT office has several discount tickets available to include: C&J Bus Tickets; Boston attractions as well as Disney passes. Tickets for attractions are sold at the ITT Office, Relief Valve Recreation Center, Building 22, PSNY, call Judy for ticket information at 207-438-2713. For information on summer rental equipment call Todd 207-438-1514. Gear Issue is located in Building H-10 (PSNY), rear of building.

Discount tickets from Hanscom Air Force Base Outdoor Recreation. Call Outdoor Recreation for more information at 781-225-6621

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TUTOR.COM

National Guard and Reserve families can now receive free online tutoring and homework assistance from Tutor.com along with Active Duty and wounded warrior families at no charge. This program allows K-12 and adult students to connect to a live tutor online at anytime for help with homework, studying, exam preparation, college coursework and more.

Military families accessing services at Tutor.com are matched with one of more than 2,500 carefully screened experts who include certified teachers, college professors, graduate students, select undergraduates from accredited universities and other professionals. This service is offered at no cost to

families of the Active Duty, Guard and Reserve members.

For more information go to <http://www.tutor.com/military>.

Free School Supplies

Once again through the generous donations of the shoppers of the Dollar Tree and the coordination of Operation Military Home front, the Airman & Family Readiness Office is able to offer free school supplies to our military families.

If interested in obtaining some school supplies – please call or email bonnie.rice@ang.af.mil to set up a time to come “shop” for your school supplies.

Free Admission to Prescott Park

What: Prescott Park Admission Buttons are available for Use by our Wing Unit members and their dependents in the Airman & Family Readiness Program Office. **Additionally**, for those with a Service Credit Union debit, credit or ATM card receive free popcorn on movie nights at the concession stand at the park.

Who: 157ARW and 64ARS Members and their dependents.

Dates: See the Prescott Park website for event dates and details at www.prescottpark.org.

RSVP: To reserve your "buttons" contact Bonnie at bonnie.rice@ang.af.mil or 603-430-3545.

Drill weekend childcare program

Just an updated on the “Drill Weekend Childcare Program” at Pease. The program began during our August 2010 drill and is funded by the Air Force/Air National Guard to provide free childcare for members that qualify during UTA weekends. Slots are very limited. The qualification and priority guidelines are as follows:

1. Dual military couples that drill the same weekend
2. Single Airman
3. Other military couples that both member and spouse are working during the drill weekend. (proof of employment and work schedule for the working spouse needs to be provided)

This program is based on need and not provided simply as a babysitting service. For our 157ARW/64ARS members that participate in our drill weekends at Pease this is an opportunity for “free childcare” if you meet the qualifications.

If you are interested in utilizing the Drill Weekend Childcare during the September drill weekend – please contact Bonnie Rice as soon as possible. Prior to use members need to fill out a lengthy application and provide a medical form from your doctor - so if you are thinking in the future you may need to utilize this program, I would suggest completing the application in advance!



Please note: I've also been given the opportunity to open a second home to offer the program to more children, if you are aware of an "in home child care provider" that is certified by the state of Maine or NH, and is interested in providing childcare during drill weekends, please have them call or email Bonnie Rice as soon as possible.

Want to be an Honorary Recruiter?



What is an Honorary Recruiter?

An Honorary Recruiter is a recognized individual, with the exception of production recruiters, that have excelled in the recruiting field.

How to become an Honorary Recruiter?

Secure three enlistments, or three officer appointments within the course of the member's career regardless of whether the accession is in NHARNG or NHANG.

NHNG Honorary Recruiting Ribbon

The ribbon is presented to individuals who meet the above criteria. Clusters can be earned and applied to this ribbon with every three additional enlistments or officer appointments secured.

NHANG Honorary Recruiter of the Year Award (ANG Only)

The award is presented to the Honorary Recruiter that has obtained the most points throughout the fiscal year. Points are valued as listed below:

Referral – 1 pt
Appointment – 3 pts
Enlistment – 5 pts

The award winner receives a \$100 check from **The Minuteman Fund** and a certificate. For more information, contact Senior Master Sgt. Norma Long at 603-430-2466 or norma.long@ang.af.mil.



Welcome New Members

Maj. Ryan Jones

Capt. Alexis Bull
Capt. Robert Groves

1st Lt. Meghan Wallpe

Tech. Sgt. Barbara-Lee Valente
Tech. Sgt. Dwight Olewine

Staff Sgt. Kristina Johnson
Staff Sgt. Kristie Carter
Staff Sgt. Brant Dickinson

Senior Airman Deana Jones
Senior Airman Nelson Elias
Senior Airman Chad Winn

Airman 1st Class Joshua Williams
Airman 1st Class Thomas Wiggins
Airman 1st Class M. Morrissey
Airman 1st Class Ryan Holt
Airman 1st Class Nicole Godshall
Airman 1st Class Joseph Cataldo
Airman 1st Class C. Raymond
Airman 1st Class Alan Bauman

Airman Basic James Caterino
Airman Basic Janelle Fincher
Airman Basic Caitlyn LaBrie
Airman Basic David Yale

Pease Enlisted Council to host an Interview Skills Workshop

When: Saturday, Aug. 4 at 1 p.m.

Where: Upstairs classroom of building 100

Instructor: Lt. Col. Rodney Freeman, Human Resource Officer

This course is intended to provide members and retirees with interview best practices for job candidates. For further information please contact Master Sgt. Fred Balas via email at freder-ick.balas@ang.af.mil.



Officers, do you think you are “promotable?”

by Col. Louise Paradis

Having just returned from sitting on a promotion board, I had no idea how the whole process worked. I must admit, I went into the process with a lot of preconceived notions and skepticism. After spending a week at Air Reserve Personnel Center (ARPC) in Denver, I have a new found appreciate for “the process.”

As a board member you have the opportunity to review many records coming from all 52 states and territories. It was amazing how many different writing styles, along with various philosophies of how to write a Promotion Recommendation Form (PRF) I encountered. Rest assured that even though the Officer Performance Reports (OPRs) and PRFs were written so differently, each and every record was given the same due diligence.

So, what do you need to know? Take control of your own destiny/career! If you want to be promotable here are some “must do’s”:

- Write your own OPR (your supervisor can’t remember all those great things you did...but you

do!)...Stratifications on your OPR are HUGE;

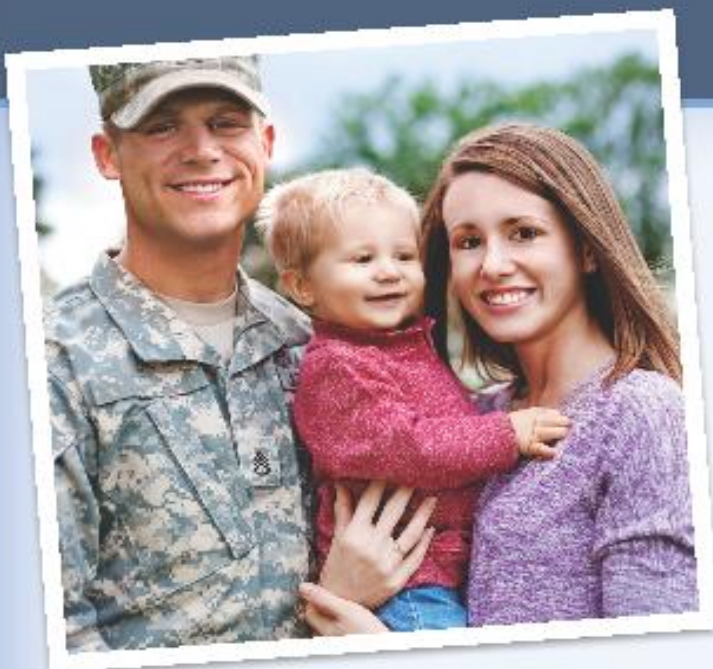
- Make sure your OPRs are written and submitted on time, after all it is YOUR career on the line;
- Make sure you have been put in for awards, when you’ve accomplished great things, suggest to your supervisor that this would be a great way to show their gratitude;
- Review your records before you meet a board, make sure there are no inaccuracies or missing OPRs;
- If you have “holes” in your career or have had bad years, be sure to write a letter to the board explaining why (a word of caution though.....be sure to have several Senior Leaders review your letter so that it states the facts and isn’t full of excuses);
- PASS your Physical Training Test;
- Complete ALL of your required Professional Military Education (PME);
- As you work your way up the ranks, work on an advanced degree as well... show progression; and
- Finally, show progression in your career field, in your Wing/unit, and your military career as a whole. It doesn’t look too ambitious to

“Do you want to be a General some day? It’s all up to you, you control your own destiny and get started now or you can just sit back and see what happens.”

just be that person who worked the same job for 20 year. Show some initiative, career broaden, become involved in National Level activities, and volunteer to be on a promotion board.

I know this is a lot to do, along with everything else we do. Whether you are a full or part-time airmen with the New Hampshire National Guard, it is your responsibility to take care of where your career is going. We also owe it to our supervisors to sit down with them and tell them about our military aspirations. How would they know what we want to do or where we want to go if we don’t tell them? Do you want to be a General some day? It’s all up to you, you control your own destiny and get started now or you can just sit back and see what happens. What will your choice be?





Child Care Program for Air Force Families

The DoD funded
this program
especially for you!

Activate your free membership
today to find quality caregivers
in your neighborhood.

To activate your DoD paid membership go to
sittercity.com/dod

Sittercity helps you find...

- ✓ **Babysitters**— For after-school, school vacations, extended work hours, special needs children, and last minute care needs.
- ✓ **Nannies**— For full and part time, infant and young child care
- ✓ **Certified CDH/FCC care providers**
- ✓ **Authorized access to an installation care providers**
- ✓ **Senior care, pet care, housekeepers and tutors**

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- ✓ Caregiver profiles
- ✓ Reviews from other military parents like you

“I found a great babysitter on Sittercity to help me while my husband was deployed. It was a life saver having someone reliable to take care of my kids!”

—Bridget D, Austtn, TX

► Activate your membership at **www.sittercity.com/dod**